

Pacific Coast Invitational

Saturday March 18th, 2023

Hosted by Pacifica High School

At Bolsa Grande High School Stadium

DIVISIONS: Boys Varsity, Girls Varsity, Boys Frosh/Soph, Girls Frosh/Soph

ENTRIES: will be submitted through MileSplit

HEATS: Will be sorted by seeded times from slowest to fastest. We do ask that coaches use accurate seed times to benefit ALL athletes.

ENTRY FEES: \$10 per event, \$40 per relay team, \$125 max per gender per level. The most any team will pay is \$250 per gender. Entry fees must be paid by the time of check in. Please bring checks the day of the meet and make checks payable to:

**Pacifica Track Boosters
6851 Lampson Ave
Garden Grove, CA 92845**

AWARDS: Custom Medals to top finishers in each event

For more information contact Coach Joshua Hogate, (714) 920-7410 or email pacificaxctrack@gmail.com

INFORMATION

DATE/TIME: Saturday March 18th at 9:00 AM

LOCATION: Bolsa Grande High School

ADMISSIONS: We will charge at the gate for spectators. Spectators \$5. Free parking.

COACHES MEETING: Coaches Meeting will take place at 8:00 AM at the starting line.

STADIUM OPENS: Stadium will be open at 7:30 AM.

CLERK OF THE COURSE: Will be located at the middle of the field. Competitors will receive lane and number assignments there. Check-in will begin 30 minutes prior to the start of the event.

TIMING: Timing will be by Finished Results Timing. All results will be posted on PrepCalTrack.com at the conclusion of the meet.

EQUIPMENT: Teams furnish their own batons and throwing implements.

SNACK BAR: Full Snack Bar will be available.

TRASH: Each team is responsible for cleaning up the trash in their area. Please be considerate of this throughout the meet. There will be a large trash bag in your team packet to help with the process as well as trash containers throughout the stadium.

CANOPIES: Will be allowed at the top of the stands.

ATHLETES/COACHES: Non-competing athletes and coaches must remain off the field and track during the meet. Athletes warming-up and head coaches only will be allowed on the field.

FACILITY: 9 lane all-weather polyurethane track.

3/16" PYRAMID SPIKES ONLY: All runners and jumpers must have 3/16th inch pyramid spikes, NO PIN/NEEDLE Spikes will be allowed. All spikes will be checked at the gate and again at the starting line. Spikes will be on sale for \$3.00.

NO FOOD, SPORTS DRINKS, GUM, FOOD, OR SUNFLOWER SEEDS ALLOWED ON TRACK, RUNWAYS, OR FIELD!!! ALL FOOD MUST BE OUTSIDE THE SPECTATOR FENCE.